

Exercise Classes in the Barn Centre

Tai Chi

Lisa Sang: lsang@mac.com

Classes on Mondays and Fridays in term time: 9.30 - 10.30

Pilates

Katie Thorne-Jones: kswaysland@yahoo.co.uk

Classes on Tuesdays throughout the year:

- hourly from 10.00am - 1.00pm and 6.00pm - 7.00pm

Classes on Thursdays throughout the year:

- beginners class 12.00pm - 1.00pm
- and hourly 7.00pm - 8.00pm and 8.00pm - 9.00pm

Yoga

Danni Craker: Danni@wellnesswithdanni.com

Classes on **Monday evenings** throughout the year:

- 5.15 - 6.15pm
- 6.30 - 7.30pm
- 7.45 - 9.00pm

Classes on **Friday afternoons** throughout the year:

- 12.30 - 1.30pm
- 1.45 - 2.45pm

Please see Danni's website for more information:

[Wellness With Danni - Newick Barn Centre Yoga - book classes — Wellness With Danni](#)

For any change to above schedules please check with the monthly timetable on the Church website [Barn Centre Events | St Mary's Newicks Church](#)